

Rockville Senior Center Newsletter

Add years to your life and life to your years!



June Programs and Events

Go to www.rockvillemd.gov/seniorcenter and click on recreation classes to see a full list of classes offered, or pick up a copy of the latest Recreation Guide at the Senior Center or any City facility.

M-Members (Age 60 and older)

R-Residents

(Age 60 and older who live in Rockville but are not members of the center)

NR-Nonresidents/nonmembers

(Age 60 and older who live outside the City of Rockville limits)

June 11 (Monday) 1:30-3 p.m.

Rock Around the Clock Birthday Bash Celebrate the Senior Center turning 30! Let's begin our Grand Opening Celebration Week with the tunes of Chip and Andrea, birthday refreshments and FUN! #40147. Free.

June 12 (Tuesday) 10 a.m. - 2 p.m.

Health and Wellness Day: GET ACTIVE at the Senior Center! Demonstrations, blood pressure, wellness information and healthy snacks will be showcased in the fitness wing! Take this step to GET ACTIVE and learn about the many opportunities available to you! Free.

June 13 (Wednesday) 10:30 a.m. - noon

International Day: A Celebration of Cultures! Learn about a variety of cultures through displays, costumes, tastings and dance demonstrations. Free.

June 14 (Thursday) 1-2:30 p.m.

Celebrate the Stars and Stripes Pay tribute to FLAG Day as we have entertainer, Dale Jarrett, for an afternoon of music. Special ice cream treats will be served by

Carmen's Italian Ice. #39715. \$2M, \$3R, \$4NR.

June 14 (Thursday) 7-9 p.m. **Night at the Improv: Desserts and Wine** Rockville Senior Center welcomes "Overboard," an interactive comedy show based on suggestions from participants and audience members creating a one of a kind, never-to-be-performed-again experience that will keep you engaged, laughing and having fun. Enjoy desserts, wine and mingling prior to the show. #40148. \$9M, \$11R, \$14NR.

June 15 (Friday) 10:30 a.m.-noon
Rockville Senior Center Ribbon Cutting and Grand Opening Celebration of the Fitness Center

Join the Mayor and Council, Department of Recreation and Parks, and state and local officials to celebrate the opening of our new state of the art Rockville Senior Center fitness wing. Culminating a week of fun festivities; this event will include refreshments, speeches, THANK YOU'S, tours and a fitness center ribbon cutting. Free.

Dates to Remember:

Grand Opening Festivities

Monday, June 11– Friday, June 15

Awareness and Safety Tips With Chief of Police

Terry Treshuck

Tuesday, June 26, 1-3 p.m.

Yoga Chi

Fridays, June 29, 1:30-2:30 p.m.

Senior Center Hours:

Monday - Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

1150 Carnation Drive
Rockville, Maryland 20850-2044
240-314-8800
www.rockvillemd.gov/seniorcenter



City of
Rockville
Get Into It



Sarah's Key

Friday, June 8, 1-3 p.m.

(PG-13 for thematic material including disturbing situations involving the Holocaust)

In modern-day Paris, a journalist finds her life becoming entwined with a young girl whose family was torn apart during the notorious Vel' d'Hiv Roundup in 1942.

The Descendants

Thursday, June 21, and Friday, June 22, 1-3 p.m.

(Rated R for language including some sexual references)

With his wife Elizabeth on life support after a boating accident, Hawaiian land baron Matt King takes his daughters on a trip from Oahu to Kauai to confront the man who was having an affair with Elizabeth before her misfortune.

Supper Club

Tuesday, June 26
5-7 p.m.

Catered by the Rockville Senior Center Staff

Your menu will include:

Fresh Garden Salad
Brown Sugar Meat Loaf
Baked Potato w/Sour Cream
Fresh Vegetable
Roll and Butter
Choice of Beverages
Dessert

Cost: \$10 per person

Registration Deadline:
Tuesday, June 19th

Entertainment:
"Barry Wendell Trio"

Name: _____

Address: _____

Transportation: ___Yes ___ No

Senior Citizens Commission

World Elder Abuse Awareness Day June 15, 2012

Abuse of elders takes many different forms, some involving neglect, and others involving financial trickery. The most common types of abuse are physical, emotional, sexual, neglect or abandonment by caregivers, financial exploitation, and health care fraud. If you suspect elder abuse call the Elder Abuse Hotline at 1-800-91-PREVENT or 1-800-917-7383 or visit the state's Department of Human Resources website at: www.dhr.state.md.us/oas/protect.htm

Join the Senior Commission and show the world you care about ending elder abuse and neglect by wearing something purple on June 15



Fitness room reminders:

- ◆ Current members have you received your training? If not please call to schedule your complimentary training.
- ◆ Fitness rates to go up \$50 to \$75 starting July 1, so renew now!
- ◆ Stay tuned for extended hours in the new, state of the art fitness room!

Please wear your membership badges when in the building, this is for your safety. Also, this is a great way to meet new members!

If you haven't already, you may pick up one free lanyard if you have a current membership!



Rockville Seniors, Inc.

The Board met Tuesday, April 17. Information about the MCAEL program and others will be available at the monthly drop-in meetings in the lunch room held each first Monday at 10 a.m. These meetings are held in conjunction with the Rockville Senior Commission.

The Friday, April 20, get together for all new members sponsored by RSI was very successful. About 25 new members attended. Staff was on hand to talk about trips, programs and classes and exercise programs that are available. A member of the Senior Commission was present to talk about what that group does. New members were called individually and invited. The program will be repeated quarterly.

Silver Diner cards are for sale at the desk. Cook books are still available. Book donations are accepted outside the library. We very much appreciate the support of members and ask that you continue to donate gently used books, both hard back and paperbacks from fiction and biography. We especially need hardback best sellers. Please no textbooks.

Callers for bingo are needed. Consider spending a Wednesday evening at the center.

The grand reopening of the newly renovated center will be Friday, June 15. Plan to attend the opening week's festivities. At this time, RSI will present our contribution to the renovation and parking lot. Thanks to all who gave generously to support this.



Ask the Outreach Worker

Q: I've been wondering if there is anything I can do to help make my home more secure. I don't really want to buy a home security system, but I think there are probably some things I could do so that I feel safer in my own home.

A: The Rockville City Police Department provides home security checks free of charge to residents of Rockville. **Corporal Ken Matney (240-314-8922) is our Community Services Officer** who will visit you at your home to walk around its exterior and interior. He will look at your door and window locks as well as the bushes outside your windows and your exterior lighting to make it as hard as possible for burglars to enter. According to one citizen who used this service, the inspector made suggestions about "little things you don't think about, and suggested inexpensive and simple changes." Just make a phone call to Corporal Matney to set up an appointment for him to visit **your** home.

Do **you** have other questions about living and thriving in Rockville? Call or visit us at the Senior Center. We're here to help

Martha McClelland, Senior Outreach Worker
Rockville Senior Center
mmcclelland@rockvillemd.gov
240-314-8816



Blue Recycle bins can be found throughout the center please dispose of clean paper and plastics

Hallways walls are under construction
Please excuse as we continue to improve the look of the building. Thank you

Gift Shop to open Monday, June 11!
The Gift Shop hours are:
Monday- Friday, 10 a.m.-2 p.m.

Would you like to work 20 hours per week as the Senior Services Aging in Place Home Maintenance Coordinator? This is a wonderful opportunity to help assist seniors in the community who need some help maintaining their homes and don't know where to turn for help. For a job description and to apply go www.Rockvillemd.gov and look for City Careers. For information call Lorraine at 240-314-8812. The application deadline is early June.

Wellness

Betty Figlure, BA, MSC, LMT, *Certified Yoga Instructor, Certified Jin Shin Jyutsu Practitioner*.....has more than 29 years' experience working in alternative health. She has been a jin shin jyutsu practitioner (29 years) and a massage therapist (17 years) and is certified in many healing modalities. As an interfaith chaplain she has also worked with the seriously ill and provided counseling for families and individuals working with health problems and related issues, as well as bereavement and support groups. Betty teaches yoga for seniors and special needs. She has lived in Italy (as an artist/sculptor) and in India. She teaches a variety of workshops in meditation, positive thinking, healing arts, yoga, and jin shin jyutsu self help. An experienced art director/designer, Betty worked in New York City before moving to Maryland. She continues her artwork with her sculpture, and enjoys traveling, opera, theatre, museums, the antics of her kitty, and times spent with family and friends. Betty is looking forward to sharing in good health with everyone at the Senior Center!

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ROCKVILLE, MD
PERMIT NO. 63

Rockville
City of
Get Into It
Rockville Senior Center
1050 Carnation Drive
Rockville, MD 20850

